

For older adults (age>65), what is the effect of weight loss vs. weight maintenance on health outcomes (cardiovascular disease, Type 2 diabetes, cancer and mortality)? (DGAC 2010)

Conclusion


Weight loss in older adults has been associated with an increased risk of mortality, but because most studies have not differentiated between intentional vs. unintentional weight loss, recommending intentional weight loss has not been possible. Recently, however, moderate evidence of a reduced risk of mortality with intentional weight loss in older persons has been published. Intentional weight loss among overweight and obese older adults, therefore, is recommended. In addition, with regard to morbidity, moderate evidence suggests that intentional weight loss in older adults has been associated with reduced development of type 2 diabetes and improved cardiovascular risk factors. There are insufficient data on cancer to come to a conclusion. Weight gain produces increased risk for several health outcomes.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [For older adults \(age>65\), what is the effect of weight loss versus weight maintenance on health outcomes \(cardiovascular disease, Type 2 diabetes, cancer, and mortality\)?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[For older adults \(age > 65\), what is the effect of weight loss versus weight maintenance on health outcomes \(cardiovascular disease, Type 2 diabetes, cancer, and mortality\)?](#)